

Direct Fresh Produce Delivery



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Week of Aug 9, 2010 104th issue

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| Romaine Lettuce | Rice Family Farm, Meridian ID | www.ricefamilyfarm.com |
| Carrot Bunch | Rice Family Farm, Meridian ID | |
| Cucumbers | The Berry Ranch, Nampa ID | www.theberryranch.com |
| Cylindria Beets | A C & D Farm, New Plymouth ID | www.acdfarm.com |
| Roasting Chili Peppers | Peaceful Belly Farm, Boise, ID | www.peacefulbelly.com |
| Watermelon | The Berry Ranch, Nampa ID | www.theberryranch.com |
| Starfire Peaches | Plaza Farm Store, Emmett, ID | |
| Blackberries | Plaza Farm Store, Emmett, ID | |

Please let us know One week prior to your next delivery if you will be gone or need to cancel.



Recipes of the Week

All produce should be washed before cooked or eaten.

Colorado Quinoa with Caramelized Onions

1 1/2 cups quinoa
1 1/2 cups water
2 medium yellow onions, thinly sliced
2 tablespoons butter, plus 2 tablespoons
2 tablespoons olive oil, plus 1/4 cup
1/2 cup white wine
2 to 3 Anaheim chile peppers (depending on heat preference), roasted and seeded
2 tablespoons tamari or soy sauce
1/2 cup chopped flat-leaf parsley
Rinse quinoa in a fine sieve. Place in a pot with the water and bring to a boil. Reduce heat immediately to low simmer and cook for 25 minutes. In a separate pan, sauté onions in 2 tablespoons of the butter and 2 tablespoons olive oil. When onions are soft and translucent, add the wine and cook until reduced and onions caramelize. Slice roasted chili peppers into 1/4-inch strips. In a separate pan, warm 1/4-cup olive oil and remaining 2 tablespoons butter, add cooked quinoa, tamari or soy sauce and parsley and continue to stir until all ingredients are fully incorporated. Place in serving dish, top with caramelized onions and chili pepper strips.



Roasted Beet and Carrot Salad

4 med. red beets, 1/2 inch of stems left intact
2 tbsp plus 2 tsp extra-virgin olive oil
1 pound carrots, cut into 1-inch pieces
1/2 tsp coarse salt
2 tbsps fresh lemon juice
2 tbsps coarsely chopped parsley
1 tbsps finely chopped fresh
Freshly ground pepper
4 small whole wheat pita breads, quartered
4 ounces feta cheese
1/2 cup hummus
2 teaspoons extra-virgin olive oil
Preheat oven to 375 degrees. Toss beets with 1 teaspoon oil on a rimmed baking sheet. Cover sheet with foil. Roast beets until tender, 45 to 55 minutes. Let cool. Trim and peel beets; cut into 1/2-inch cubes.
Meanwhile, toss carrots, 1 teaspoon oil, and 1/4 teaspoon salt on another rimmed baking sheet. Roast carrots until browned and tender, about 40 minutes. Let cool to room temperature.
Stir lemon juice, remaining 1/4 teaspoon salt, the parsley, and thyme in a small bowl. Whisk in remaining 2 tablespoons oil until emulsified. Season with pepper. Toss beets and carrots with dressing in a medium bowl. Salad can be refrigerated in an airtight container up to 3 days. To serve, divide salad, pita, feta, and hummus among 4 plates. Drizzle oil over feta and hummus on each plate.



Blackberry Gingerbread Waffles

2 c Flour
1 1/2 ts Powdered ginger
3 ts Baking powder
3 Eggs
4 tb Butter, melted
4 tb Molasses
1 c Buttermilk
Blackberry Sauce
Preheat waffle iron. In a large bowl, mix flour, baking powder, ginger. In a separate bowl, beat eggs, butter, buttermilk, and molasses.
Blackberry Sauce:
2cups fresh or frozen blackberries
1/2 to 3/4 cup sugar (depending on tartness of berries).
1 Tablespoon water
2 teaspoons cornstarch
Cook blackberries in sauce pan over low heat, when bubbling, mash using potato masher. (Depending on the blackberries and your preferences, you may want to strain out seeds using sieve.) Add sugar, and taste for tartness. Mix water and cornstarch in small cup and add to the sauce.



www.justberryrecipes.com



Local food translates to more variety. When a farmer is producing food that will not travel a long distance, will have a shorter shelf life, and does not have a high-yield demand, the farmer is free to try small crops of various fruits and vegetables that would probably never make it to a large supermarket. Supermarkets are interested in selling "Name brand" fruit: Romaine Lettuce, Red Delicious Apples, and Russet Potatoes. Local producers often play with their crops from year to year, trying out Little Gem Lettuce, Pink Lady Apples, and Purple Majesty Potatoes.

- Our produce bags are 100% biodegradable.
- We reuse boxes so if one is left at your home please leave out for pick up the next delivery day.
- We also reuse berry containers.

Thanks!

